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HONORING OUR VETS

Thousands watch NYC's Veterans Day Parade while one man honors an American hero killed in Benghazi through nutritional supps. 4, 6

ISTOCK

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8 THINGS TO KNOW

Ferocious 'devil winds' whip up deadly California fires

At least 23 people have been killed by perhaps the state's worst forest fire.

1

A Cal Fire firefighter monitors a burning home as the Camp Fire moves through the area on Nov. 9, 2018, in Magalia, California. GETTY IMAGES

A view of a mobile home park that was destroyed by the Camp Fire.

Two deadly wildfires fueled by "devil winds" tore through opposite ends of California on Sunday, with residents urged to heed evacuation orders by officials forced to leave their own homes.

In northern California, the Camp Fire is one of the deadliest and most destructive in the state's history, killing at least 23 since it broke out on Thursday northeast of Sacramento and consumed much of the mountain town of Paradise. More than 100 were reported missing.

Hundreds of miles to the south, at least two people died in the Woolsey conflagration threatening the wealthy beach community of Malibu, near Los Angeles.

Looting was reported in the southern fire area and arrests were made, police reported.

Hot, dry winds expected to blow until Tuesday whipped up the flames and heightened the urgency of evacuation orders, officials said.

"We are entering a new normal. The rate of spread is exponentially more than it used to be," said Ventura County Fire Chief Mark Lorenzen, noting at a press conference that California's fires in 2018 grow far more quickly than they did even 10 years ago.

110
People were reported missing in the fire-scorched area.

Several officials urged residents to heed evacuation orders, noting they themselves had followed orders to leave their homes for safety.

"Winds are already blowing. They are going to blow for the next three days. Your house can be rebuilt but you can't bring your life back," said Chief Daryl Osby of the Los Angeles County Fire Department.

Crews pushed forward to achieve 25 percent containment of the Camp Fire in northern California, which had burned 109,000 acres at the edge of the Plumas National Forest, according to Cal Fire's website. In Southern California, where the Woolsey Fire scorched 83,275 acres, the blaze was only 10 percent contained.

The Camp Fire burned down more than 6,700 homes and businesses in Paradise, more structures than any other California wildfire on record, and the death toll, which could rise, also makes it one of the deadliest.

Only the Griffith Park Fire in 1933 and Tunnel Fire in 1991 have claimed more lives.

Several of the bodies discovered earlier this week were found in or near burned-out cars, police have said. The flames descended on Paradise so fast that many people were forced to abandon their vehicles and run for their lives down the only road through the mountain town.

More than 110 people were reported missing in the fire-scorched area.

Winds of up to 40 miles per hour were forecast to blow in the north and gusts of up to 70 mph, the so-called Santa Ana "devil winds," were expected in Southern California.

The Woolsey Fire doubled in size from Friday night into Sunday, threatening thousands of homes after triggering mandatory evacuation orders for a quarter-million people in the upscale beach city as well as other communities in Los Angeles and Ventura counties. REUTERS

HERNANDEZ CONVICTION REINSTATEMENT SOUGHT

2 The Supreme Judicial Court in Massachusetts has started a review of a state legal principle that wiped out the murder conviction of former New England Patriots tight end Aaron Hernandez after his suicide. On Thursday, the justices heard arguments from prosecutors as to why convictions shouldn't be erased if those found guilty die before an appellate court has reviewed facts of the trial. Hernandez was convicted on April 15, 2015, of the 2013 death of semi-pro football player Odin Lloyd in North Attleborough. The 27-year-old Hernandez was found dead in his prison cell on April 19, 2017, with his death ruled a suicide. He had been sentenced to life in prison without the possibility of parole. The state's highest court in 2016 refused to change the legal rule in connection with another case, but the Hernandez prosecutors have taken up the cause. Attorney General Maura Healey is supporting the effort of Bristol District Attorney Thomas M. Quinn III, who is seeking to have Hernandez's conviction reinstated. "The current practice ... does not consider the interest of the other parties who have an interest in the outcome," said Quinn.

SCOTT ASKS THAT BALLOTS BE GUARDED IN RECOUNT

3 Florida Gov. Rick Scott, whose lead has narrowed in the state's U.S. Senate race, filed more lawsuits against local election officials on Sunday, asking a judge to order police to impound voting machines and ballots when they are not in use. On Saturday, a machine recount began in the race between Scott and incumbent Democratic U.S. Sen. Bill Nelson in one of the most closely watched swing-state contests in last Tuesday's congressional elections. By the time the recount was ordered, Scott's lead had shrunk to 12,500 votes, or 0.15 percent, below the threshold under which a machine recount is automatically triggered under state law. Each side has accused the other of trying to subvert democracy in an echo of the drama in the 2000 presidential vote recount that unfolded for weeks in Florida. Another recount was also triggered in the gubernatorial race between Ron DeSantis and Andrew Gillum as DeSantis' lead shrank to 33,700 votes, or 0.41 percent, as of Saturday. Susan Bucher, the Palm Beach County elections supervisor, told CNN on Sunday that it would be "impossible" for the county to meet the Thursday race recount deadline.

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Thousands honor vets at NYC parade

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Keeping the name 'Bub' alive on Veterans Day and every day

Through Bubs collagen, Sean Lake keeps alive the legacy of Glen Doherty, killed in the 2012 Benghazi attacks.

JEFF TOMKO
jeff.tomko@metro.us

Sean Lake remembers his best friend Glen Doherty not just as an American hero, but as his Gen-X training partner-in-crime who shared X-Games-level ambitions.

As teenagers growing up near Boston, their plans for world dominance didn't require guns or military strategy, but relied on protein powder and Metamucil consumption in their search for the "fountain of youth."

"Glen always said you could never get enough fiber," Lake recalled. "That's what we would talk about. But in reality, none of that really worked."

Lake's life changed on Sept. 12, 2011, the day Doherty's life ended too soon when the Navy SEAL was among four killed after Islamic militants attacked two U.S. government offices in Benghazi, Libya.

Since then, Lake has made every day — even Veterans Day — a Memorial Day of sorts by honoring Doherty's legacy. Along with business partner T.J. Ferrera, he created a line of collagen supplements, Bubs Naturals (bubsnaturals.com), named after Doherty's SEAL call name.

Year-round, Bubs gives 10 percent of its proceeds to the Glen Doherty Memorial Foundation, the charity Lake helped create to give scholarships to Special Ops members to help them transition to civilian life. And on Veterans Day, Bubs gives 100 percent to GDMF as a tribute to Bub.

PROVIDED

"Glen was one of those guys who would always be there for you, no matter the situation," Lake, who now lives in San Diego, said. "Even if you were just moving a couch — he probably wouldn't want to do that — but Glen would always be the first one there helping you."

Lake recalled their '90s adventures resembling more Bill and Ted than "13 Hours," the 2016 film based on the Benghazi attacks that also took the lives of fellow SEAL Tyrone Woods as well as U.S. Ambassador Chris Stevens and Sean Smith. "Too many stories to mention," he said.

One episode was their cross-country journey to Alaska. Lake, a top-level snowboarder, and Doherty, a talented skier, quickly found jobs gutting fish to make ends meet — then quit 2½ hours later. "We got paid, looked at each other as if [to ask] what should we do next, and decided, 'Let's go to San Francisco,'" he said.

They lived for the moment during those times, but had an agreement: If they didn't turn pro by age 24, it was time to move on.

Lake became a pro snowboarder. Doherty's path turned quite different. A group of military friends he began training with convinced him he had what it took to become a Navy SEAL. "It's the last thing I ever expected from him," Lake admitted.

Doherty went on to serve nine years in Iraq and Afghanistan, then went on to work with the CIA. Even though they had parted many times before, and every mission was dangerous, Doherty's final goodbye en route to Libya seemed different.

"It didn't feel right," Lake said. "It was almost like we knew this was the last time we were gonna see each other. It still hurts to even think of it."

Through Bubs, Lake is able to keep Doherty's legacy moving forward. The idea, he admits, wasn't a long process, but an accidental dose of tough love provided by his marathon-running wife. "She tossed me a tub of collagen, saying, 'You're not getting any younger,'" Lake said.

After studying the benefits of collagen — the body's most abundant protein — relieving joint pain, improving skin elasticity, and even improving digestive health, Lake knew Doherty would approve of the idea for Bubs. "I said, 'Damn! This is what Glen would've wanted.'"

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GETTY IMAGES

What's next for the MTA following Lhota's surprise departure?

Joe Lhota resigned as MTA chairman on Friday.

SARAH LUOMA
letters@metro.us

Joe Lhota surprised many when Gov. Andrew Cuomo announced last week he'd be immediately stepping down from his position as New York MTA chairman.

As shared by Lhota, his decision to resign had been inevitable since taking the position last year on a part-time basis due to his responsibilities as chief of staff at NYU Langone Health.

Over time, however, some questioned whether this created a conflict.

"When I agreed to return to the MTA it was with the understanding that I would maintain my private-sector positions and delegate day-to-day responsibility to a new team," Lhota said on Friday. "Accordingly, I created the Office of the Chairman for the purpose of managing the MTA."

"I volunteered to become MTA chairman with the sole purpose of halting the decline of service and stabilizing the system for my fellow New Yorkers."

Joe Lhota

That wasn't always the case as Lhota had, until recently, appeared to be planning to stay in his position.

"My term ends on June 10, 2021," he said.

Lhota's resignation came in conjunction with Cuomo's re-election to a third term as well as MTA train delays making it to an all-time low since February 2016.

"I volunteered to become MTA chairman with the sole purpose of halting the decline of service and stabilizing the system for my fellow New Yorkers," Lhota said, adding, "The Subway Action Plan was developed in my first month at the MTA and it has successfully arrested the subway's decline."

Since his resignation, the MTA has appointed Vice Chairman Freddy Ferrer as acting chairman.

In a statement, Ferrer urged Cuomo to take his time as he looks to appoint a new MTA chairman. Whether Cuomo will take that advice is yet to be determined.

"I would urge the governor to take his time," Ferrer told News 4. "This is one of the most important appointments he will make, ever. This is the most important transportation organization on Planet Earth. It's important that we get it right."

Others appear to agree with Ferrer. Many hope Cuomo will find a chair who can dedicate the time needed to fix the failing subway system.

"The politics that the MTA chairman needs to be playing are the politics of getting the funding that the MTA needs, not the politics of weighing in on the squabbles between the city and the state," said Nick Sifuentes of the Tri-State Transportation Campaign.

"The MTA badly needs a full-time CEO. It's a humongous, sprawling enterprise," said John Kaehny of the good-government group Reinvent Albany.

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President Donald Trump, center, greets attendees during the American Commemoration Ceremony at the Suresnes American Cemetery in Paris on Sunday. GETTY IMAGES

In solemn Paris ceremony, Macron leads global WWI Armistice commemorations

Trump, Putin and Merkel were among the dignitaries in attendance.

President Emmanuel Macron led tributes to the millions of soldiers killed in World War One on Sunday, using an emotional ceremony in Paris attended by scores of world leaders to warn against nationalism a century on from the conflict.

President Donald Trump, Russian President Vladimir Putin, German Chancellor Angela Merkel and dozens of monarchs, princes, presidents and prime ministers joined Macron to mark the moment the guns fell silent across Europe 100 years earlier.

Under gray skies and gently falling rain, many heads of state joined Macron in walking the last stretch of the Champs Elysees to the Arc de Triomphe, where the ceremony was held. Trump and Putin arrived slightly later in separate motorcades.

In a 20-minute address delivered beside the Tomb of the Unknown Soldier, Macron described the "unimaginable hell" of those who fought in the trenches, denouncing the nationalism that fanned the flames of war and now shows signs of resurgence.

Macron spoke bluntly of the threat from nationalism, calling it a betrayal of moral values. Trump, who has described himself as a nationalist and has promoted what he calls an "America First" policy, sat a few feet away, stony-faced.

"Patriotism is the exact opposite of nationalism: Nationalism is a betrayal of patriotism," Macron said. "When we say 'our interests come first, those of others don't matter,' we erase the very thing that a nation holds most precious, that which gives it life and makes it great: its moral values."

The commemoration marked the centerpiece of tributes to honor those who died during the 1914-18 war and to commemorate the signing of the Armistice that brought the fighting to an end at exactly 11 a.m. on Nov. 11, 1918.

"The lesson of the Great War cannot be that of resentment between peoples, nor should the past be forgotten," he said, alluding to the millions of women widowed and children orphaned by the conflict, as well as the 10 million soldiers killed. Around him, sorrow etched on their faces, former French soldiers stood rigidly to attention.

"It is our deeply rooted obligation to think of the future, and to consider what is essential," Macron said.

Under a glass canopy at the foot of the Arc de Triomphe, built by Emperor Napoleon in 1806, Trump, Merkel, Macron, Putin and the other leaders listened through earpieces as the French president spoke. Putin, who was last to arrive at the ceremony, gave Trump a brief thumbs-up as he greeted them.

The 90-minute commemoration included the reading by children of letters written by German, French and British soldiers during the war, a recital by cellist Yo-Yo Ma and a moving performance of Maurice Ravel's "Bolero."

After the ceremony, leaders returned to the Elysee for a lunch hosted by Macron, while the spouses lunched at Versailles.

Over Britanny lobster and Bresse chicken, Trump, Putin, Macron and Gutteres, sitting next to each other, were able to have a "rich, free-flowing discussion" about hot issues such as Iran, Syria, Saudi Arabia and North Korea, the Elysee said.

"It is our duty to preserve the civilization they defended."
President Donald Trump

In the afternoon, Trump traveled to the Suresnes American Cemetery just west of Paris to speak to veterans. He pulled out of a similar ceremony east of Paris on Saturday due to the weather.

"It is our duty to preserve the civilization they defended," Trump said of those who fought in the Great War. "We renew our sacred obligation to memorialize our fallen heroes" at the cemetery, "where they rest for all eternity," he said.

Sunday's events were the culmination for Macron of a week of commemorations of the war, one of the bloodiest in history and one that reshaped Europe's politics and demographics. REUTERS

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

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And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

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The Treatment Formula

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

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If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.

NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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Central American migrants resume their march toward US border

Hundreds of mostly Hondurans rested four days in Mexico City.

GETTY IMAGES

Hundreds of Central American migrants resumed their march north through Mexico on Saturday, en route to the U.S. border, where President Donald Trump has effectively suspended the granting of asylum to migrants who cross illegally.

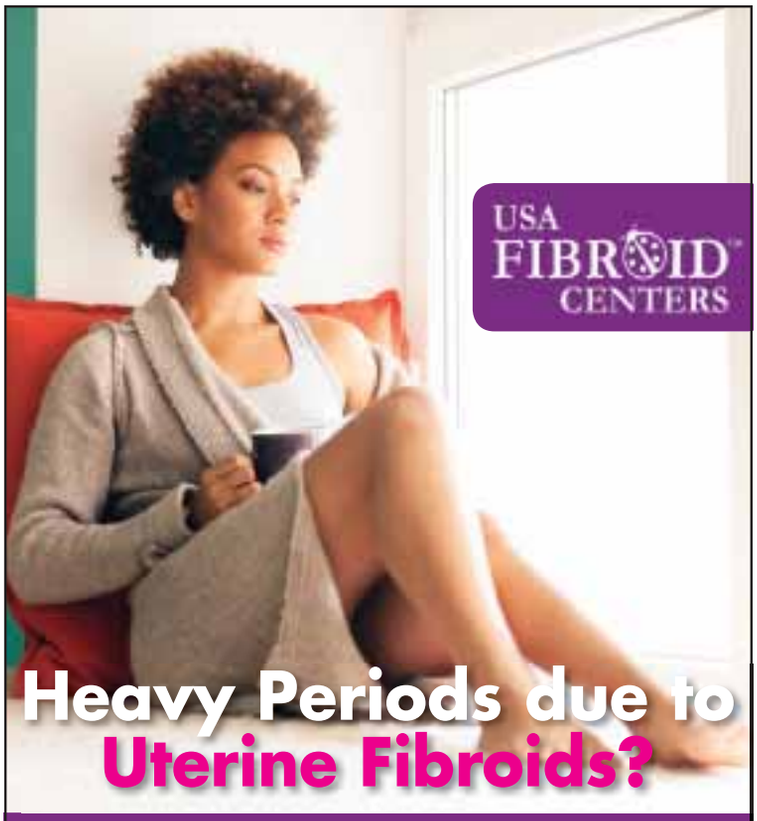
Trump's Friday order, which went into effect on Saturday, means that migrants will have to present themselves at U.S. ports of entry to qualify for asylum and follow other rules unveiled on Thursday that seek to limit asylum claims.

"It doesn't matter what rules [Trump's] government imposes, we cannot go back to our countries. I have a bullet in my arm and another in my shoulder. If I go back home, it'd be better for me to go with a casket," said 30-year-old Julio Caesar from Honduras, who declined to give his last name.

The caravan, made up mostly of Hondurans, started north again on Saturday morning following a rest of four days in Mexico City.

They carried backpacks, blankets and food, many with children in tow, and took the metro and walked to the town of Tepotzotlan. There they were helped onto buses and trucks by authorities, who stopped traffic to ask motorists if they would take the migrants to the city of Queretaro, where a shelter was set up at a stadium.

Some of the migrants are set to arrive to the border city of Tijuana on Monday, while others later in the week to Reynosa and other border towns, according to migrant shelters. REUTERS



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The Medical Director of urology is **David Shusterman, MD**. Dr. Shusterman is a board certified urologist who specializes in state of the art compassionate kidney stone treatment.

Safe, effective ways to treat kidney stones

Anyone who has ever suffered from kidney stones knows just how painful it can be. It's little wonder that more than half a million people go to the emergency room for kidney stone problems every year, according to the National Kidney Foundation.

So what are kidney stones? They're essentially hard mineral deposits that form inside the kidneys. When the fluid in urine is unable to break them down, they'll pass through the ureter and bladder—which is generally a painful process. There's a wealth of anecdotal reports likening kidney stone pain to that of childbirth. The truth is that no two cases are alike, but early diagnosis is critical when it comes to getting ahead of it. Many times, this comes down to understanding the specific risk factors that might make you more likely to develop kidney stones. Family history, frequent dehydration, certain dietary issues, and obesity are all on the list. Board Certified Urologist Dr. David Shusterman of NY Urology takes a proactive approach. Thanks to a mix of preventative medicine and some simple lifestyle changes, you may be able to prevent kidney stones before they ever develop.

If a kidney stone is already in motion, Dr. Shusterman's expert team can quickly identify it using ultrasound imaging, then get things moving with innovative treatment options that have made NY Urology a nationally recognized leader in the field. He leads with holistic medicine with the goal being to break down kidney stones so that they can pass as naturally and easily as possible. NY Urology provides a cutting-edge, noninvasive treatment called extracorporeal shock wave lithotripsy (ESWL), which relies on sound waves to break apart the stones via focused vibrations. The in-office procedure is completely safe, and recovery is typically pretty swift.

Another option is placing something called a nephrostomy tube into the kidneys. This plastic catheter essentially lets urine drain directly from the kidneys during the treatment process. The result is near-immediate pain relief because you're eliminating backed-up urine and helping things flow more easily. A ureteral stent works in much the same way, bolstering the body's ability to drain urine and, in turn, safely encouraging the natural healing process. The soft plastic stent is temporarily placed directly into the ureter to help urine flow more freely. When ureters are blocked up by kidney stones, pain and discomfort are on the horizon. Stents open these passages.

When all else fails, NY Urology also specializes in minimally invasive surgery using a device called a ureteroscopy to eliminate painful, stubborn kidney stones. Making its way through the urethra and bladder, and into the ureter, the device zeros in on the kidney stone and swiftly removes it. The best part is that it's a fairly straightforward outpatient procedure that requires no incisions. In extreme situations where the stone is too large to remove with a ureteroscopy, Dr. Shusterman may call on a more in-depth procedure that involves a small incision in the back. The upside here is that the success rate is high, helping patients safely get rid of large kidney stones in one fell swoop.

Whether you're looking to prevent kidney stones or address one that's already wreaking havoc, NY Urology is your best resource. Book an appointment today with Dr. Shusterman, located at *800 Second Avenue on the corner of 42nd Street. Call* **(212) 991-9991** and start mapping out a plan for living a pain-free life without kidney stones.

the GRUMBLE

Pat King
Grumble Editor

ISTOCK

READER WRITE-INS:

LET ME GET TO MY SEAT!
I attend a lot of theater and I can't believe how often this happens: I go to take my seat and the people in the row do not want to get up and let me in! They are slow to rise and give you a look like you asked them for change. If you are that feeble, you shouldn't be at a Broadway show. Stay home and watch TV, or buy seats all the way against the wall so no one will ask you to get up and let them in. And you should definitely not take your seats 20 mins. before curtain if you are sitting in an aisle seat!! These same people give you the same look at intermission when you dare to ask them to let you out... incredible!
— **Patrick D**, *Metro New York reader*

THERE'S NO NEED TO PASS ME ON THE ESCALATOR. IT'S ALREADY GOING UP!
Why do some people insist on weaving in and out of people on escalators, especially when there's a staircase nearby? Escalators are for moving stationary people. You're not getting there quicker, you're just being impatient and/or rude.
— **Helen**, *Metro Philly reader*

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The winning caption from Pauly Lindstrom, *Metro Boston reader*

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Aries Don't leave anything unfinished. Others will be watching and judging you, so walk the straight path. A personal change should entail a healthier lifestyle. Romance is highlighted.

Taurus Use your knowledge, experience and expertise to get ahead. A business partnership is favored, but be sure to draw up a contract that specifies who is responsible for what.

Gemini Change begins within. Consider how you feel about what you do for a living and with whom you spend your time. Make adjustments that will ease stress.

Cancer Take a serious look at your relationships with others. Consider how to best improve situations that have been tense. Offer suggestions and be receptive to compromise.

Leo Speak up and get things done. Investments, real estate, home improvements and contracts are favored. Reveal your intentions and make a commitment to a loved one.

Virgo Don't overspend. Concentrate on networking and sharing your ideas. Refuse to let your personal life interfere with your work responsibilities.

Libra Consider your needs and make alterations that will improve your health. Diet and exercise along with laughter and having fun with friends are encouraged.

Scorpio Stick to what and who you know. Anger will set you back, so try to avoid it. Patience will be required when dealing with personal health, financial and emotional matters.

Sagittarius Keep everything in perspective. If you overreact or make too many promises, you will end up facing questions you may not want to answer. Stick to the truth and live within your means.

Capricorn Push forward until you reach your goal. A unique approach will help you attract attention, but don't take credit for someone else's idea. Give credit where credit is due.

Aquarius A change to the way you earn your living or how you handle your money will lead to greater security. Put your energy where it counts.

Pisces Don't share personal information with someone who has trouble keeping a secret. Be discreet and helpful to those who have been there for you in the past. EUGENIA LAST

How #MeToo, Russian hacking changed 'The Girl in the Spider's Web'

Fede Alvarez believes the response to Claire Foy's character will say a lot about society.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"The Girl in the Spider's Web" is a bitingly modern movie, as its protagonists use hacking, computers and technology in a detailed, authentic and some might even say cold fashion to aid their efforts.

Fede Alvarez's soft-reboot of the franchise, which sees Claire Foy taking on the role of computer hacker Lisbeth Salander, who's trying to get her hands on an NSA program that has access to the world's nuclear codes before spies and criminals can, embraces these unique attributes.

While other franchises and movies usually struggle to integrate technology, either going too futuristic and unrealistic or changing their characters to be either technophobes or technophiles depending on the scene, "The Girl in the Spider's Web" implements it in a consistent, concise and self-explanatory fashion.

But while "Spider's Web" taps into the zeitgeist in this manner, Alvarez tells Metro that there were two social movements that occurred during pre-production that impacted and changed the film.

"Something strange that happened during this movie, which was linked to the film, was that by the time we were done with the script and already starting to cast, everybody was talking about the #MeToo movement. Which, for a movie starting with her hanging a guy upside down, was quite interesting," says Alvarez. "And the other was hacking. Hacking, hacking, hacking, which was everywhere. Hacking, a few years ago, it felt like a movie thing. But suddenly it felt like it was in everybody's news and agenda.

"It was really strange how those things suddenly became front and center when we started to make the movie," he adds. "Our film isn't a reaction to that, because we can't make movies that fast. We were already making it."

But how did the mainstream media's coverage of #MeToo and hackers influence the film?

"It changed in a good way. The hacker part of it was just giving us information and insight into this world that we didn't have before," admits Alvarez. "Suddenly, we are reading about this shadow broker's hacking into the NSA and stealing one of their most important tools. We could read about how that happened and then portray it more realistically in the film. Things like that created greater insight and information we didn't have.

"For #MeToo, the greatest part was really being responsible, as a male director, in portraying a female icon on the screen. The way I did it was by really, really listening to my female lead," he adds. "To listen to her wishes and her decisions about how she looks and acts. Making sure scenes and moments onscreen weren't exploitative and we didn't objectify her, or fall into any traps."

Alvarez goes on to call star Foy "so smart, and [with] us being so militant with this approach and her portrayal, we were able to make sure that we stayed true to her idea of the character and not a male fantasy or subjectivity."

"That is something that really comes through in the film, as so many choices are based on Claire's choices and sensitivity. We'll see how the audience reacts to it," says Alvarez. "That will tell us a lot about society. Let's see if they really want to see that or if they expect a young girl that sleeps with the guy or is half-naked every other scene."

"The Girl in the Spider's Web" is now in theaters.

Claire Foy takes on the role of Lisbeth Salander in "The Girl in the Spider's Web." ALL PHOTOS NADJA KLIER

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The world right now

The world's largest documentary film festival, DOC NYC, is going on now — here are the ones you can't miss.

EVA KIS
eva.kis@metro.us

The relentless pace of our world is often overwhelming. With a new crisis hitting the headlines every week — and usually more often than that — it can be impossible to pay attention to what matters. That's where the best documentaries of 2018 come in.

Instead of the constant din and blur of the news cycle, documentaries are a chance to focus on the people, issues and stories that are shaping our present and future. The best of the best documentaries of 2018 end up at the world's largest documentary festival, DOC NYC, going on now through Nov. 15.

The festival brings together a rich collection of 135 feature-length documentaries from filmmakers around the world — 42 of them world premieres. Here are our picks for the best documentaries of 2018; find them all at *docnyc.net*.

"Ghost Fleet"
For the same reason that people are looking to more sustainably sourced and manufactured clothing, they're now buying less shrimp and more locally caught fish: modern-day slavery. The Associated Press' investigation into Thai companies enslaving workers on fishing boats to catch seafood for the world exposed a heinous problem. "Ghost Fleet" is the intense high-seas adventure of the activists who went into dangerous waters to rescue them.

"Tre Maison Dasan."
HELLO WORLD PRODUCTIONS

"The Heat: A Kitchen (R)evolution"
Few work environments are as hostile to women as the restaurant industry, between the culture of machismo in the kitchen and the expectations placed on waiters working for tips in the dining room. Director Maya Gallus profiles seven female chefs with plenty of talent and ambition who have been held back by sexism at some of North America's top restaurants.

Yanar Mohammed fights for the freedom of her fellow Iraqi women in "I Am the Revolution." POSSIBILEFILM

"Emanuel"
The city of Charleston, South Carolina, changed on June 17, 2015, when nine African-American parishioners were gunned down inside Emanuel African Methodist Episcopal Church by a 21-year-old man radicalized by white supremacists. Domestic terrorism and the resurgence of hate crimes are among the gravest threats facing the United States today, and Emanuel doesn't shy away from all the ugliness they create and the difficulty of finding a way forward.

"Tre Maison Dasan"
When a parent goes to prison, who's really paying the price? When justice is meted out so differently — from whom law enforcement decides laws really apply to and the whims of the judges handing out the sentences — incarceration may not be the fitting punishment. "Tre Maison Dasan" follows three boys, ages 6 to 13, struggling with having a parent in prison, and asks what is justice in the American trend of mass incarceration.

"The World Before Your Feet"
Many of us have a bucket list or retirement dream, but Matt Green didn't want to wait that long. The urban explorer set out to walk every block of New York City — a quest that's turned into such a passion project that he's given up his engineering job and apartment to pursue it. "The World Before Your Feet" is a love letter to New York City, but it's also about embracing joy and living a life of discovery.

"I Am the Revolution"
The fight for women's rights is ongoing all over the world, but perhaps nowhere is the task larger and the risks higher than the Middle East. That's where war zone journalist Benedetta Argentieri found the subjects of her film "I Am the Revolution," which follows three women fighting for freedom and gender equality in Afghanistan, Syria and Iraq. Argentieri challenges the world's view of these women as timid and subservient to show how they're creating real change from remote villages to city streets.

"Out of Omaha"
Not everyone is convinced the concept of white privilege exists. "Out of Omaha" lays bare how the city of Omaha, Nebraska, managed to cut off its African-American residents from the extreme wealth that having four Fortune 500 companies headquartered in the city has brought. In fact, statistically, Omaha is one of the deadliest places in the entire country to live if you're black. Filmed over eight years, this remarkable documentary is a coming-of-age story that weaves in how two brothers try to overcome the disadvantages of historic injustice to fulfill their dreams.

"Inside Lehman Brothers"
Everyone knows the broad strokes of what led to the 2008 financial crisis, for which only a single Wall Street banker was sent to jail. "Inside Lehman Brothers" looks at how the high-flying company was reduced to bankruptcy through the stories of whistleblowers who tried to sound the alarm after spotting early warning signs — which we would do right to heed now, as some are predicting another crash is on the horizon.

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Leah Remini's Scientology series tackles Jehovah's Witnesses in new special

The actress-turned-activist sets her sights on another religious organization's practices.

ANDREW HUSBAND
letters@metro.us

The third season of A&E's "Leah Remini: Scientology and the Aftermath" doesn't premiere until later this month. In the meantime, the hugely popular (and controversial) docuseries is airing a new special about Jehovah's Witnesses this week at the request of its fans. "I thought Jehovah's Witnesses were just nice people knocking on doors," the actress says in a promo. However, she continues, the show has "received many letters" asking them to "please look into the Jehovah's Witnesses." So they have.

In "Leah Remini: Scientology and the Aftermath: The Jehovah's Witnesses," Remini and co-host Mike Rinder, also a former Scientologist, take the same format used for the show's first two seasons and apply it to the millenarian restorationist Christian denomination that boasts over eight million members worldwide. These numbers are roughly in the same ballpark as the Church of Scientology's which, depending on the source, range from eight to 15 million across the globe. Unlike the show's primary target, however, the new special's focus is a much older organization that dates back to the mid-19th century.

So what should viewers expect from Remini's new special? Much of the same, if they're already familiar with the program's first two seasons. She and Rinder sit down with ex-Jehovah's Witnesses to discuss the group's practices and beliefs and the negative impacts these have had on its members, past and present. These formal interviews and roundtables are punctuated by brief dramatic reenactments of scenes described by the interviewees.

As is usually the case with these types of shows, anyone expecting a "smoking gun" or a massively shocking series of revelations will most likely be disappointed. Then again, as is the case with "Scientology and the Aftermath" seasons one and two, the Jehovah's Witnesses special is more about taking a lot of factual and anecdotal information and condensing it down into a single, digestible chunk.

Whether or not the show's approach to its new topic is "fair" remains to be seen. Like with its focus on the Church of Scientology, the program's latest special will most likely draw criticism from members of, or those sympathetic to, the Jehovah's Witnesses religious organization. But chances are pretty good that audiences will learn something new.

"Leah Remini: Scientology and the Aftermath: The Jehovah's Witnesses" television special airs Tuesday on A&E.

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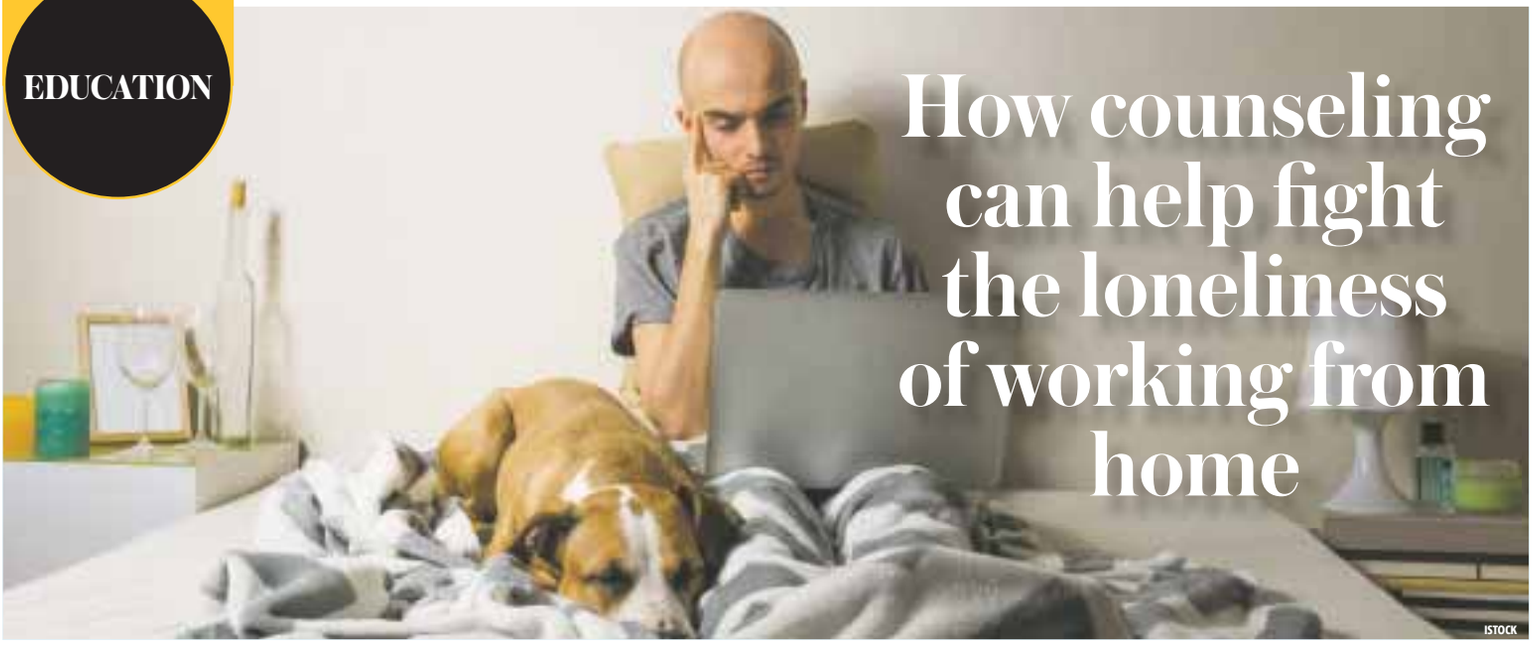
ISTOCK

How counseling can help fight the loneliness of working from home

MentorcliQ hopes to combat the downsides of being a remote employee.

PAT KING
patrick.king@metro.us

Many of us long for a day where we're doing well enough professionally to ditch the office life and work from home every day.

But as a significant amount of people around the world setting up remote office are discovering, without the office culture and day-to-day interactions with co-workers, working from home can lead to increased depression and anxiety for some workers.

By offering counseling via Skype or phone, remote-counseling company MentorcliQ aims to give remote workers the mentoring and social experiences they're missing out on by not commuting to an office every day. We spoke with Paul MacCartney, chief learning officer at MentorcliQ, about how employee mentorship can combat loneliness among remote workers.

It seems as though more people these days want to work remotely. But what some people might not understand is the loneliness and isolation that can bring. What first alerted you to this phenomenon?

It's interesting, because a recent Gallup poll showed that 43 percent of the workforce in the United States works out of the office at least part of the time. That number is up a whole lot. Ten years ago, I was in a role where I was traveling a lot for work internationally. I could be in three different continents in four weeks. You had to do that because that's how you built the relationships and the face time and all of those kinds of things. With the advent of the technology that we are all now familiar with, it really has shifted the very nature of work, and we're all experiencing that. Using myself as an example, 10 years ago, I would be traveling up to 50 percent of the time. Now I have two domiciles and one of my domiciles sits in the same city as our corporate headquarters. I find that, even when I'm in that same city and I'm 1.1 miles away from the corporate office, I still work from home a couple days a week!

The reason we all leverage that trend of being able to work remotely is because you can get more stuff done. There's a benefit of being able to work remotely, and that's why a lot of people are doing. The downside that we are all experiencing, is that it is a different dynamic. It's not the same if you don't have the face time. You do have to offset some of those downsides of working remotely either full-time or part-time. We became aware of it with the rest of the U.S. and global workforce, and have definitely seen the mentoring aspect and mentoring automation as a significant way to offset that.

What kinds of counseling does MentorcliQ offer to people who feel lost while working from home?

In talking about this phenomenon, I start with a real definition of the problem. One definition of the problem, from a mentoring perspective, is when you are working in a remote work environment that "water cooler" is not there. The phrase that I use when talking about it is that "in the absence of happenstance, you need to create circumstance." By that I mean those water cooler conversations are happenstance. It may be you're walking down the hall and you bump into someone and you strike up a conversation. But that happenstance creates the opportunity for either a business conversation or a relationship development.

When that happenstance isn't there, organizations are well-served to become more explicit about it and create the circumstances for those interactions to happen. The mentoring relationship is one of the most perfect ways to do that. When you think about the relationships that are had in the workplace, the vast majority of those relationships are there because they ensure to the benefit of the organization. Your boss, your colleagues, all of those relationships are there for the benefit of the company. The one exception you could say is human resources. With that said, that relationship is 50 percent or greater for the benefit of the company, whereas with the mentoring relationship, there is a benefit to the company, no doubt about it, but at the core of that relationship is the mentee. The mentee is there for their progression through the organization. It is uniquely one of those relationships that is there for the employee and participant in the program. So between the fact that mentoring makes explicit and promotes the idea of having a relationship that is not just work-oriented, it creates and drives a relationship where an individual can become more connected to their colleagues and thus also back to the organization that is sponsoring the mentoring program.

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Bills quarterback Matt Barkley, who hadn't started a game since 2016, minced the Jets defense on Sunday by helping Buffalo put up 41 points on the road. GETTY IMAGES

Barkley, Bills come to life, thrash sputtering Jets at home

Todd Bowles' hot seat only getting warmer after latest Jets loss.

JOE PANTORNO
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Todd Bowles' job should be in serious jeopardy after the New York Jets' Week 10 effort against a Buffalo Bills team (3-7) that had scored just 20 combined points in their last three games.

The NFL's worst offense came into MetLife Stadium on Sunday afternoon and embarrassed the Jets (3-7) 41-10 in Week 10 action.

A matchup that once provided the promise of a rookie quarterback matchup in Buffalo's Josh Allen and New York's Sam Darnold turned into Matt Barkley facing off against Josh McCown as the two youngsters nursed injuries.

Buffalo's Barkley had a much better day, completing 15-of-25 passes in his debut for 232 yards and two touchdowns just 11 days after being signed.

He had plenty of help from running back LeSean McCoy, who had his best game of the season with 113 yards and two touchdowns.

In just 22:02, Barkley helped the Bills put up more points than what they scored in their past three games as they posted 31 unanswered points in the first half.

After receiving the opening kickoff, it took Barkley just two plays to get the Bills on the board. After hitting Robert Foster for a 47-yard reception, Barkley handed things off to McCoy, who rumbled for a 28-yard score. It was the first of his two first-half touchdowns.

Midway through the first quarter, Barkley led the Bills on a 14-play, 75-yard drive that ended with receiver Zay Jones reeling in a 10-yard reception before fumbling at the goal line. It was recovered by Jason Croom for six points.

While Barkley ripped the Jets defense apart, New York's offense was nonexistent under McCown as it accrued just a single yard in the opening 15 minutes. It was the fewest yards gained by the Jets in a first quarter since 1991.

Barkley recorded his first touchdown pass since Christmas Eve of 2016 with eight minutes left in the half when he connected with offensive tackle Dion Dawkins for a seven-yard score.

The Jets would get on the board as the second half expired when Jason Myers knocked home a 55-yard field goal before scoring their first touchdown in over 35 offensive possessions early in the third quarter, a five-yard rush from Isaiah Crowell.

It did little to console any sour feelings surrounding the Jets as Sunday was the third straight game in which the team failed to score more than 10 points.

McCown, who admirably led the Jets to five wins last year, threw for just 135 yards with a pair of interceptions in his first start of the season while the team as a whole accrued just 199 yards of total offense.

The performance will only strengthen the voices yelling for Bowles to be fired as New York's fourth straight loss has all but ended their season already. With a bye week next for Gang Green, it might be the most logical time this season to make such a move.

Giants vs. 49ers: What to watch on MNF

The second half of the Giants season kicks off in primetime.

JOE PANTORNO
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The second half of the New York Giants' lost season resumes in what can only be described as a primetime snoozer, much to the chagrin of the NFL.

Big Blue has been a big disappointment as they enter Monday night coming off a bye week that mercifully provided a temporary delay in a 1-7 season.

Many of the same problems from last season's 3-13 squad remain an issue as the offensive line is in shambles, Eli Manning's time under center continues to wind down, and Odell Beckham Jr. makes headlines for things other than his play on the field.

They'll meet a 2-7 San Francisco 49ers team that is coming off a beatdown of the dysfunctional Oakland Raiders on Thursday night. In the process, they might have stumbled across something special at the quarterback spot in Nick Mullens, which may cushion the blow of losing Jimmy Garoppolo for the season.

There have been concerns about Monday night's game being played at Levi's Stadium in Santa Clara, Calif.

The Camp Fire in Northern California has emitted harmful smoke that forced the 49ers to move some of their practices and had some calling to move the game away from San Francisco's home field altogether.

As kickoff approaches, there still have been no plans for the game to actually be moved, but the 49ers will continue to monitor the air quality.

It would be the first time that an NFL game would be moved due to wildfires since 2003, when the San Diego Chargers were forced to host the Miami Dolphins in Tempe at Arizona State's Sun Devil Stadium.

Giants veteran quarterback Eli Manning meets rookie Nick Mullens and the 49ers in San Francisco on Monday night (8:15 p.m. ET kickoff). GETTY IMAGES

Wherever the game might be played, a Monday night matchup that features two teams with a combined 3-14 record this year isn't going to appeal much to a national audience.

For the diehard Giants fan, though, who can't get enough of their struggling side, here are a few things to watch for.

PAST VS. FUTURE

Giants quarterback Eli Manning is still the team's starting quarterback despite leading an offense that ranks 27th in the league.

The struggles have been very much the same for the past two years, though all of the blame can't be pinned on Manning. New York's offensive line gives the 37-year-old immobile quarterback virtually no time in the pocket.

A more athletic quarterback might be able to get something more out of the sputtering unit, which had many calling for rookie Kyle Lauletta to take over after the bye week.

All chances of that happening, though, evaporated when the 22-year-old was arrested for a vehicular incident two weeks ago in New Jersey. While Lauletta won't be suspended, it's unlikely he'll see starting snaps any time soon.

It pits Manning opposite one of the NFL's newest sensations, 49ers quarterback Nick Mullens, who ripped apart the Raiders last Thursday.

The undrafted Southern Mississippi product, who is just 23 years old, put up 262 yards and three touchdowns in his pro debut. It earned him another start against a Giants passing defense that is somewhat stingy against the pass, ranking 11th in the league.

O-LINE RE-WORKED AGAIN

The Giants continued to tweak with their miserable offensive line during the bye week as they cut Patrick Omameh. The 28-year-old guard lasted just seven games with the Giants after signing a three-year, $15 million deal, allowing 21 pressures along with subpar run blocking.

His release all but ensures the Giants get a fourth-round compensatory draft pick in 2019.

In the meantime, the Giants were awarded Jamon Brown off waivers from the Los Angeles Rams after releasing the fourth-year guard.

Brown has started 30 of the 42 NFL games that he appeared in, including every game last year with the NFC West-champion Rams. He'll go from blocking for Todd Gurley to Saquon Barkley, who continues to dazzle in his rookie season.

It is not confirmed on whether Brown will start at right guard or not, but it is worth noting that the Giants' only other option at the spot is John Greco, a natural center.

CAN THE GIANTS OFFENSE BREAK OUT?

The Giants have scored 20 points or more just five times since Week 10 of the 2017 season, which doesn't suggest that they will put up points on Monday night.

However, they are lining up against a 49ers defense that is one of the worst in the league, especially against the pass. San Francisco rank 22nd in passing yards allowed and have allowed 18 touchdowns through the air, tied for sixth-most in the league. They don't cause many turnovers, either, as their two interceptions are tied for second-least.

The problem for the Giants is that the 49ers can get after the quarterback, accruing 24 sacks as a team this season. Only six teams around the league have more quarterback takedowns.

That doesn't bode well for Manning and the Giants. Should he get some time, though, New York's passing attack could actually put up some big numbers in Week 10.

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GAMES

metro.us/crossword

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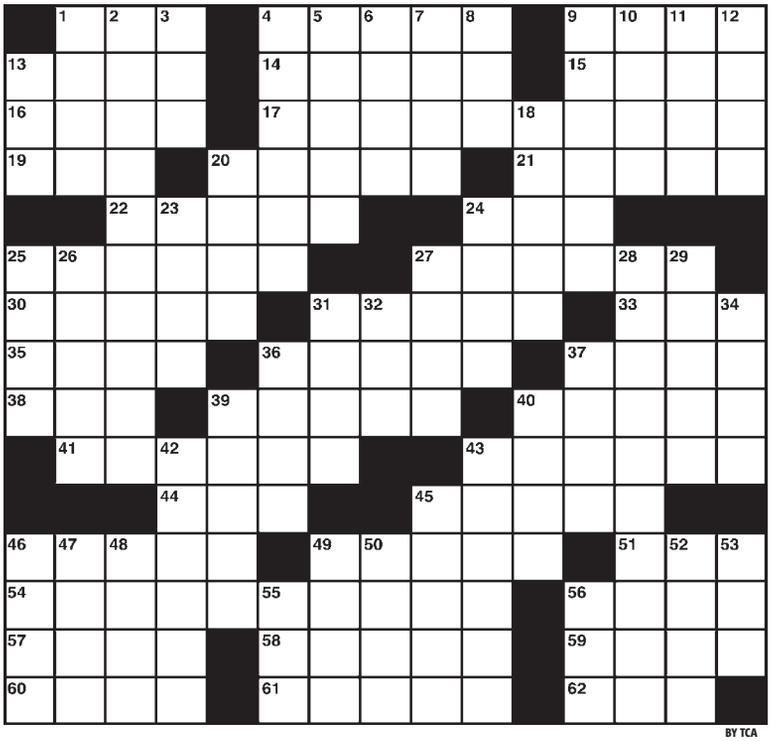
ACROSS

1 Deadly snake
4 Not rural
9 To boot
13 Compact __; CD
14 Horse's comment
15 Courageous
16 __ in a blue moon; seldom
17 Chances
19 TV crime drama series
20 Sups
21 Frolics about
22 __ like; resembles
24 And not
25 Lynx or lion
27 __ City Chiefs
30 Exams given before a panel
31 Large amount, slangily
33 Current calendar pg.
35 Decays
36 __ over; contemplates
37 "__, There and Everywhere"; Beatles hit
38 Presidential monogram
39 Motherless calf
40 Money hoarder
41 Get away
43 Like freezing weather
44 Small number
45 Reluctant
46 Sir __ Newton
49 Gives the cold shoulder to
51 Ernie with a club
54 Exchange letters
56 Highway sign
57 Shade trees
58 "Home on the __"
59 Meter maid of Beatles song
60 Amount to swallow
61 Look of contempt
62 __ up; misbehave

DOWN

1 Flour receptacles
2 Goes back and forth, as a fan
3 Part of a royal flush
4 Dissimilar
5 __ in; brings under control
6 Two-wheeler
7 Matures
8 Org. for Blues & Bruins
9 Detests
10 Weaving device
11 Make a mess at table
12 Bookie's calculation
13 Holliday of the Old West
18 Actor Jeremy
20 Puts on
23 Monet's paintings
24 Brief periods of shut-eye
25 Henry or Gerald
26 Wear away
27 Hearty cabbage
28 Painkiller
29 More resentful
31 Enormous
32 Samuel's mentor
34 Extremely
36 Sulk
37 Helpful tip
39 Tango or jig
40 Farrow and Hamm
42 Not at all fine
43 Amazement
45 Sudden forward rush
46 Frosted
47 Song for one
48 Up in __; irate
49 Reach across
50 __ in on; find & go directly toward
52 Former U.S. Senator Trent __
53 Hot tub
55 Final-year students: abbr.
56 Mexican Mme.



BY TCA

metro.us/wordsearch

W	P	C	A	Y	K	S	H	D	P
T	R	A	M	S	T	E	G	I	Y
H	I	T	I	V	N	L	V	A	T
G	N	W	A	N	V	B	W	R	E
I	C	O	A	A	P	A	S	I	N
E	E	M	N	M	H	R	N	E	I
C	S	A	Q	T	L	É	A	S	T
I	S	N	A	A	G	S	E	D	N
L	I	H	U	B	L	I	C	G	A
A	N	I	L	E	S	M	O	H	F

Alice
Anne
Batman
Catwoman
Diaries
Eight
Fantine
Get Smart
Hathaway
Mia
Misérables
Ocean's
Prada
Princess
Selina

metro.us/wander

Category: Comedian

V	Y	E
A	A	R
N	B	A
E	S	S

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	3		7		8	6		9
			5	1			8	3
9				6			5	4
4		9		7	6		3	
3								8
	1		2	5		4		6
5	8			3				2
7	9			2	1			
6		1	9		5		4	

Yesterday's Answers

W	A	R	M			V	I	P	S		S	L	O	P
A	B	H	O	R		I	R	O	N		P	A	P	A
S	L	I	M	E		S	E	D	A	T	I	V	E	S
H	E	N		L	E	T			T	Y	R	A	N	T
		O	M	E	G	A			C	S	I			
R	A	C	I	N	G			P	H	O	T	O	S	
A	L	E	R	T		G	R	E	E	N		V	I	C
F	I	R	E		L	I	O	N	S		P	E	E	L
T	K	O		C	O	S	T	S		V	I	R	G	O
	E	S	P	R	I	T			P	A	U	S	E	D
			R	A	T			F	A	U	S	T		
U	P	D	A	T	E			A	L	L		A	H	A
F	R	A	T	E	R	N	A	L		T	A	T	E	R
O	O	Z	E		E	R	A	S		S	T	E	A	M
S	P	E	D		D	A	M	E			E	S	P	Y

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